

The Bible on Battering

The purpose of this study is to offer batterers the knowledge of the scriptural definition of abuse, and its guidelines for the batterer and the victim.

We will discuss:

- Recognition that this behavior is sinful,
 - Repentance for wrongdoing,
 - Resolve to change the behavior,
 - Reconciliation to God and family, and
 - Offering the battered woman an alternative to the popularly held view that the only option for an abused woman is to leave forever.
1. Recognition of violence as sin: [Isaiah 59:1-15](#)
 2. Repentance focused on himself: [Romans 2:1-16](#)
 3. Resolve to be like God: [Romans 5](#)
 4. Reconcile himself to God's will: [Romans 12](#)

Recognizing signs of a battering personality

If at least 3 of these signs are present, existing violence or escalation to violence is likely. The longer the batterer/victim relationship exists without intervention, the more of these behaviors will appear and/or worsen.

1. **Jealousy/Envy** - Jealousy is not love. This has to do with possessiveness. He will question the woman about who she talks to, who talks to her, call to check on her frequently, drop by unexpectedly, accuse her of flirting, refuse to let her have a job, ask friends to help him spy on her, check her car mileage, be jealous of time she spends with family or friends. He may insist, "If you love me, I'm all you need".
 - [Job 5:2](#)
 - [Proverbs 6:34](#)
 - [Proverbs 14:30](#)
 - [Romans 13:13](#)
 - II Corinthians 12:20
 - [Galatians 5:19-21](#)
 - [James 3:10-18](#)
2. **Controlling behavior** - The batterer is convinced he must make all the decisions, even about minor things such as housekeeping, what she wears, her hairdo, where she can go, who with; she may have a curfew; he will handle all the money. She may not be allowed a job, a car, bank account, or credit in her own name.
 - [Proverbs 31:10-31](#)
 - [Ezekiel 18:24](#)

3. **Misguided sense of self** - Batterers often think of themselves as totally unique individuals whom "no one really understands". If he becomes angry or violent, he insists that his wife forced him into a confrontation or "drove him to it". However, the truth is that all batterers exhibit the same personality traits, do the same things over and over, have the same insecurities, even use the exact same phrases on their spouses.
 - o I Cor. 10:13
 - o [Genesis 49:6-7](#)
 - o [Job 5:2](#)
 - o Psalms 37:8
 - o [Ecclesiastes 7:9](#)
4. **Quick involvement** - Many battered women knew or dated their abusers for only a short time before being seriously involved or even married. Abusers often pressure the victim to commit quickly in such a way as to make the woman feel guilty if they have objections or wish to slow down. He charms her into doing exactly what HE wants.
5. **Unrealistic expectation of the woman's role** - The batterer expects the woman to "stay in her place". She is supposed to be the perfect wife, mother, lover and friend. She is expected to "take care of him" and be satisfied by that role. He may say that woman should be "barefoot and pregnant" and express the view that women cannot handle a man's job (finances, holding down outside employment, discussing politics, etc.). Also, she is not allowed to express feelings or opinions without being afraid of the reaction. He may remind his wife and children of all he does for them (I.e., food, clothing, and shelter) and claim that he is only "used" for his money.
 - o [Proverbs 31:10-31](#)
6. **Isolation** - The abuser tries to cut the woman off from everyone. If you have male friends, you're a "whore", female friends, you're a "lesbian", if close to family, you need to grow up. She may not be allowed to use the phone or car, may not even have access to those things, not allowed to attend school or church, or hold down a job.
7. **Blames others for problems and feelings** - The batterer may feel he "never gets a break" or suffer from paranoia, as in "someone is out to get him". The woman is at fault for upsetting him. He claims "you make me mad". He uses feelings to manipulate her. The woman is at fault for anything that goes wrong. He may also feel anger towards his parents for their neglect and/or abuse of him.
 - o [Ezekiel 18:30](#)
 - o [Romans 14:12](#)
 - o II Timothy 2:19-26
 - o Psalms 37:8-10
8. **Hypersensitivity** - Abusers are very easily insulted. They fly into a rage over imagined slights or ordinary setbacks like getting a ticket, having a flat, being asked to help with the children or chores, and view all questions or differences of opinion as a personal affront.. However, they are very hypocritical about this point, as the victim is supposed to take any verbal or physical attack without complaint.
 - o Psalms 119:165
 - o [Proverbs 14:29](#)
 - o [Proverbs 15:18](#)
 - o [Proverbs 22:24](#)
 - o [Proverbs 29:8](#)

9. **Cruelty to children or animals** - Batterers ignore children's feelings and pain; expect them to perform things beyond their abilities, may tease them until they cry and then punish them for reacting. The abuser will over-react to childishness (see 8 above), expecting children to stay in their rooms all evening, and not let them eat at the table; they can be brutal to animals, seeing them as possessions only, ignoring their pain and suffering.
- [Colossians 3:21](#)
 - [Ephesians 6:4](#)
 - [Proverbs 11:17](#)
 - [Exodus 21:22](#)
 - [Ecclesiastes 3:19](#)
 - [Matthew 18:10](#)
10. **Use of force in sex** - A batterer may speak of keeping his wife in line by "raping her", or keeping her pregnant. He shows no concern over whether his wife wants to have sex; may even be excited by her unwillingness; may demand sex when his wife is asleep, tired or even ill. He may like to imagine her helpless; may use anger to manipulate her into compliance. He may eventually seek other "interests", while blaming his wife for not fulfilling him, thus trying to excuse his actions.
- Song of Solomon
 - I Peter 3:7
 - [Isaiah 54:6](#)
11. **Verbal abuse** - He says things that are cruel, hurtful; degrading her, cursing at her, and running down her accomplishments. He tells her "no one else would want you"; may keep her awake by verbal abuse, or awaken her to yelling. May scream for hours about imagined injustice to him, not caring who he disturbs or upsets. May threaten to kill her, and/or the children.
- [Proverbs 15:1-4](#)
 - [Proverbs 30:33](#)
 - [Proverbs 13:16](#)
 - [Colossians 3:19](#) , 21
 - [Philippians 4:8](#)
 - [Luke 6:45](#)
12. **No sense of timing** - Batterers feel that they have the exclusive right to choose when a confrontation is in order. Place, time of day, or anyone else's feelings are not considered. They delight in catching people off guard or at a vulnerable time.
- [Ecclesiastes 3:1-8](#)
13. **Rigid gender roles** - The woman is expected to obey in all things, even to the extent of lying to cover up for him, or engaging in criminal activity; she is expected to perform menial tasks. The abuser makes the woman believe she is inferior to men, or not a whole person without a man to guide her. If she is unhappy, he tells her she is ungrateful for what he does for her, and she deserves nothing better.
- [Mal. 2:14-16](#)
14. **Split personality** - Many women are confused by their abuser's ability to change from "Dr. Jekyll" to "Mr. Hyde" in a flash. One minute he is nice, the next he is exploding. These behaviors are related to hypersensitivity also. The batterer may tell his wife that "she drives him crazy", but around other people, he is able to control himself, thus his

blaming her is simply his refusal to take responsibility for his own actions. Other people may view this man as jovial, friendly, and the life of the party.

- o [James 3:10-18](#)

15. **Past battering** - Situational circumstances do not make a person an abusive personality. The woman may hear of past violent episodes, but he will claim "they made me do it", or "they drove me to it".

- o [Ecclesiastes 7:8-9](#)
- o Psalms 140:1, 4, 11
- o Psalms 11:5
- o [Proverbs 10:6](#), 11

16. **Threats of violence** - Usually verbal abuse comes first (#11). A batterer may threaten for years, "prepping" his mate mentally, before actually striking her. Some examples are: "I'll break your neck", "I'll slap your mouth off", "I'll throw you through that wall", "There's no telling what you'll make me do to you", or "I'll knock you into the middle of next week". Most people do not threaten their mates, but batterers excuse this by saying, "Everybody talks like that".

- o [Proverbs 15:18](#)
- o [Proverbs 20:3](#)
- o [Proverbs 29:22](#)
- o [Proverbs 16:24](#), 27
- o [Proverbs 10:6](#)

17. **Breaking, hitting, or throwing objects** - This can be used as punishment (breaking possessions), or to terrorizing the woman into submission. This signifies extreme emotional immaturity, similar to a toddler throwing a tantrum. There is no scripture in the Bible that gives a man permission to "discipline" or "correct" his wife. The commonly referred to scripture for this purpose is I Peter 3:1 which states that "wives be in subjection to your own husbands". The definition of the word "subjection" in that reference is as follows: A Greek military term meaning: "to arrange [troop divisions] in a military fashion under the command of a leader". In non-military use, it was "a voluntary attitude of giving in, cooperating, assuming responsibility, and carrying a burden".

- o [Exodus 21:15-37](#)
- o [Proverbs 11:29](#)

18. **Any force during an argument** - This may involve a batterer holding a woman down, preventing her from leaving the room, pushing her, holding her against the wall saying "you're going to listen to me".

- o Psalms 73:6, 8
- o [Proverbs 4:14-17](#)
- o [Proverbs 16:32](#)

19. **False charm** - The batterer loves to portray himself as a victim of his circumstances. They are often pathological liars, making up any story to prove their point. He will discredit his wife in such a sly way as to make himself look like the longsuffering good guy, i.e., he would never consider divorce, abandon his children, or leave his difficult wife to fend for herself.

- o [Ephesians 4:25](#)
- o [Proverbs 13:5](#)
- o [Proverbs 6:17](#)

- [Proverbs 12:22](#)
 - [Proverbs 10:18](#)
 - [Proverbs 19:9](#)
20. **Uses the Bible against his wife** - Batterers are very good at twisting scripture to justify their behavior. However, the Bible is very clear, in both the Old and New Testaments, that violent behavior is ungodly.
- [Titus 2](#) ,3
 - [Romans 13:13](#)
 - [Proverbs 21:23-24](#)
 - Psalms 7:11-16
 - [Colossians 3:8](#) ,19,21
 - [Ephesians 4:30-32](#)
21. **Family history of violence** - This is not an excuse for violent behavior, but it does shape a person's behavior. A man's primary example (usually) for how a man treats a woman is his own father.
- [Proverbs 3:33](#)
 - [Exodus 20:5](#)
 - [Exodus 34:7](#)
 - [Numbers 14:18](#)
 - Psalms 78:8
 - [Proverbs 30:12-14](#)

Questions for Men

Have you ever committed any of the following acts upon a wife or girlfriend? Have you ever had these happen to you?

- Slapping
- Shaking
- Punching
- Beating
- Biting
- Pulling Hair
- Pushing
- Pinching
- Kicking
- Stabbing
- Tickling Excessively
- Restraining
- Forcing unwanted sexual acts
- Locking her out of the house
- Destroying property
- Hurting Pets
- Physical Assault of any kind

Questions For Women

Have you ever had any of the following acts done to you by a husband or a boyfriend?

- Slapping
- Shaking
- Punching
- Beating
- Biting
- Pulling Hair
- Pushing
- Pinching
- Kicking
- Stabbing
- Tickling Excessively
- Restraining
- Forcing unwanted sexual acts
- Locking her out of the house
- Destroying property
- Hurting Pets
- Physical Assault of any kind

Bible on Battering Repentance / Resolve:

- [Ezekiel 18:21](#)
- [Jonah 3:8-10](#)

As with any other behavior, violence and abuse must be recognized as sin before true repentance can be accomplished.

Repentance is defined in the dictionary as "to feel sorrow for one's sin and determine to do what is right". This two -fold description is reinforced in scripture.

- [John 8:11](#)
- I Kings 8:47-48
- [Ezekiel 14:6](#)
- [Ezekiel 18:30-31](#)
- [Acts 3:19](#)
- [Acts 26:20](#)

Strife (violent confrontation) is specifically named as a work of the flesh in [Galatians 5:19-21](#) . Also mentioned are jealousy, hatred and wrath (violent anger). These characteristics can all be directly related to battering behavior as discussed in the previous section titled "Recognition".

This behavior is addictive and change will be difficult. However, batterers can learn to control themselves. They must learn new behavior.

- [Ephesians 4:26](#) - The difference between being angry and sinning.
- [Philippians 4:11](#) , [Hebrews 13:5-6](#) - Do not allow outside circumstances to influence behavior
- [Ephesians 4:30-32](#) , [Colossians 3:8](#) , 19 - To treat his wife properly, as God intended.
- [Proverbs 16:29-30](#) , [Romans 14:12](#) - To take responsibility for his own actions, and not to justify his wrong and sinful actions

Bible on Battering (Reconciliation)

- [Colossians 1:20-22](#)
- [Romans 12:9-16](#)

There must be reconciliation worked by God in the sinner's heart, so that he becomes changed in his attitude toward God, and so that he is persuaded to receive the reconciliation accomplished at the cross. ([Romans 5:11](#)). Christians have a part in this, bearing the word of reconciliation committed to them (II Corinthians 5:19) and beseeching men "Be ye reconciled to God" (II Corinthians 5:20).

The batterer must have a support system for this stage. This does not mean he makes excuses for violent behavior. If an alcoholic wishes to be delivered, do we encourage him to "stop a little at a time"? Of course not! He must learn to recognize in himself that this is a "besetting sin", and treat it accordingly. He must recognize what triggers this behavior in himself, and learn to control and change his reactions to situations. Never let down your guard against something that has controlled you, and will eventually destroy you. ([Hebrews 12:1](#)) God's chastening is painful, but it must be endured or we are not God's children.

Finally, not only must the batterer be willing to ask God's forgiveness and be reconciled unto Him; he must be willing to ask for his wife and families' forgiveness, so that he can be reconciled to them. However, this does not mean that he can return to the way he was before. The Pastor may request or require that since this is not only sinful behavior, but dangerous and criminal behavior, that the victim and the abuser stay away from each other as necessary, until the bulk of the problem be resolved, and it can be determined whether the husband has control of his sinful battering behavior.

- [Genesis 27:43-45](#)
- [Proverbs 22:24-25](#)
- [James 2:10-11](#) - We must not differentiate between sins
- [James 1:12](#) - Remember there is a blessing for the man who is able to resist temptation.

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Safety Plan

Name: _____

Date: _____

The following steps represent my plan for increasing my safety and preparing in advance for the possibility of further violence. Although I do not have control over my husband's violence, I do have a choice about how to respond to him and how to best get myself and my children to safety.

STEP 1 - SAFETY IN A VIOLENT ENVIRONMENT

I cannot always avoid violent incidents. In order to increase my safety, I can, though, use a variety of strategies.

1. If I decide to leave in an emergency, I will practice how to get out safely. What doors, windows, elevators, stairwells, or fire escapes would I use? I can teach these strategies to my children:
2. I can teach my children to call 911.
3. I can teach my children to flee the house or hide during a violent situation. I must instruct them to never try to break up a violent incident.
4. I can keep my purse and car keys or copies ready and put them: if I have to leave quickly.
5. I can tell the following people about the violence and request they call the police if they hear suspicious noises coming from my house or see a certain signal initiated, as the porch light on during the day.
6. I will use _____ as a code word to signal my children or my friends to call for help.
7. When I expect my husband and I are going to have an argument, I will try to move to a space that is least risky, such as:

I will try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without an outside exit. If possible I will run from the house or to a room with an inside door lock. I can buy a rope ladder for the room with the lock and also install a telephone so that I can call 911.

8. During an attack, I can wrap my arms around my head to protect it from blows and curl up to protect my stomach. Generally, I will not verbally defend myself or argue with him during a beating, for he is irrational and might become more violent. If I feel that I can act in self-defense (hit, run, scream for help because it is nearby) to save further injury, I will. After an attack I will see a doctor to assess the injuries. I may be more severely hurt than I realize. I recognize the importance of reporting this assault to the police.

STEP 2A - SAFETY WHEN PREPARING TO LEAVE YOUR HUSBAND

Leaving is a risky time, for your husband might retaliate, so plan carefully how you will depart. Size up the enemy. Of course, don't tell him you are leaving. Leave when he is out, or if that is not possible, tell him you are going on an errand.

1. I can use some or all of the following safety strategies: I will decide with whom I can leave the following items: money, an extra set of car and house keys, clothes for the children and myself. If I don't have a car, I will determine in advance if I can take a bus, train, or borrow a car.
2. Places to go if I leave my home: If you choose a private home, phone the owner and ask permission. A shelter may be listed here as an option as well. Call in advance and find out the procedure. _____
3. I will decide where I can hide important documents in my house to grab quickly when I flee.
4. If possible, I will try to take the following items when I leave. Those that I can gather in advance, I will hide.
 - The Safety Plan
 - My birth certificate
 - Children's birth certificates
 - Social Security cards
 - School and vaccination records
 - Money
 - Checkbook, ATM card
 - Credit cards
 - Keys: house, car, office
 - Driver's license and car registration
 - Welfare identification
 - Work permits
 - Passport(s)
 - Marriage license
 - Divorce papers
 - All medical records
 - Lease/rental agreement
 - House deed mortgage-payment book
 - Bankbooks
 - Insurance papers
 - Small saleable objects
 - Address book
 - Photographs
 - Jewelry
 - Children's toys and/or blankets
 - Items of special sentimental value
5. Telephone numbers I need to know:
 - Crisis hotline: memorize it!
National Domestic Violence Hotline
(800) 799-SAFE (7233)
 - Police station, school security force, and work security force

- Children's schools and my school (if applicable)
- My work number and my supervisor's home number
- Battered Women's crisis and shelter numbers
- Minister, if he is supportive
- County registry where I can register my restraining order.
(There may not be such a system available to you. If there is, it is easier for a police officer to arrest your husband should he violate his restraining order.)
- Other telephone numbers

6. I will open a savings account to increase my independence by the following date:

7. I can keep change for phone calls on me at all times. I understand that if I use my telephone credit card, the following month the telephone bill will tell my batterer whose numbers I called. To keep my telephone communications confidential, I must either use coins or I might borrow a friend's telephone credit card number for a limited time.
8. I will review the Safety Plan every month to reevaluate the safest way to leave my residence. Review dates:

9. Names of violence-against-women advocates or friends who will help me review this plan periodically.

10. I will rehearse my escape plan and, as appropriate, practice it with my children.

STEP 2B - I AM NOT READY TO LEAVE YET

But I can do the following things to prepare for my future, should I leave:

1. Return to school to update skills.

2. Explore sources of supplemental aid.
3. Find out about free day care, should I need it.
4. Find out how to apply for welfare, as well as what income and services to expect. Write a projected budget.
5. Find out how to apply for assisted housing. You can call your local YWCA, Coalition of Labor Union Women, Department of Human Services, or Social Service organizations for information about these programs. Other ideas for increasing my independence are:

STEP 3 - SAFETY IN MY OWN RESIDENCE AND OUTER ENVIRONMENT, AFTER LEAVING

There are many things I can do to increase my safety in my residence. It may be impossible to do everything at once, but safety measures can be added step by step.

1. I can change the locks on my doors and windows as soon as possible. I can install solid-core doors with dead bolts.
2. I can install an electronic security system. I can use window bars and poles to wedge against doors. I can buy an alarm device (about \$9.99) to attach to the doorknob. The alarm buzzes loudly if someone breaks in, alerting both me and my neighbors (I'll tell them about it) that someone is in the house. I can get a dog that barks loudly. It is vital to know if your abuser has broken in. One woman reports that her abuser crawled in through an upstairs window and brandished a knife at her, threatening to cut off her hands. Fortunately she escaped.
3. I can purchase rope ladders to escape from second-floor windows.
4. I can install smoke detectors and purchase fire extinguishers for each floor in my residence. Your abuser might set your house on fire.
5. I can install an outside lighting system that lights up when a person nears my house.
6. I can trim back bushes and vegetation around my house.
7. I can ask a couple at church to stay with me if I am particularly frightened.
8. I will have my children memorize a few telephone numbers to phone collect should my husband abduct them (list numbers):

9. I will tell people who take care of my children which people have permission to pick them up. I will stress that my husband is not permitted to do so. The people I will list for pick-up permission are:

- At school

- At day care

- At babysitter's

- At Sunday school

- At my parents' or other relatives'

- Others

10. I can inform the listed contacts, as well as friends and neighbors, that my husband no longer resides with me and they should call the police if he is observed near any of the listed settings or my residence. Should my neighbors not know him, I can provide a photograph. (List friends and neighbors.)

STEP 4 - SAFETY WITH A RESTRAINING ORDER

I realize that many batterers obey restraining orders, but no one can be sure who will and who will not. I realize that I must be particularly careful as violence can escalate when there is a restraining order. I also recognize that I have a fifty-fifty chance of being stalked. I will take the following actions to help the enforcement of my restraining order.

1. I will keep it on or near my person. If I change purses, the order will be transferred first.
2. I will give copies of it to police departments in the communities where I live, work, visit family or friends, and to the county registry of restraining orders (if one exists).
3. For further safety, if I often visit other counties in my state, I can file my restraining order with the court in those counties. I will register my restraining order in the following counties:

4. If I move to a new state, I will call the district attorney and list my restraining order, for it is valid in any state. I must always have it on my person.
5. I can call the local violence-against-women program if I am not sure about any items concerning my restraining order.
6. I will inform the following people that I have a restraining order in effect (my employer, my minister, my closest friends, relatives):
7. If my husband destroys my copy of the restraining order, I can get another copy from the courthouse located at:

8. If my husband violates the restraining order, I can call the police to report the violation, contact my attorney, call my advocate, and/or advise the court of the violation.
9. If the police do not help, I can contact my advocate or attorney and file a complaint with the chief of police.
10. I can also file a private criminal complaint at the district attorney's office or police station in the jurisdiction where the violation occurred. Each item my abuser violated is a crime, and I can charge him with each violation. I can call a violence-against-women advocate to help with this procedure.

STEP 5 - SAFETY ON THE JOB AND IN PUBLIC

I must decide whom I will tell that I am separated from my husband, explaining why I am at risk to be injured. (If possible, choose people who will appreciate your need for safety.)

1. I can inform my boss, the security supervisor, and the following people at work of my situation:

2. I can ask _____ to help screen my phone calls at work.
3. When leaving work, I can take these actions to be sure I get safely into my car:
 - o Have two people walk me to my car.
 - o Wear a bracelet that blares an alarm when the button is pressed.
 - o Carry a container of mace.
4. When driving home, if my husband follows me, I can do the following:
 - o Invest in a cellular phone and call 911.
 - o If all else fails and I am trapped and must pull over, I can lock the doors, lean on the horn, and yell fire, hoping to attract help.
5. If I use the public transit and my husband appears, I can:
 - o Carry a cellular phone and call 911.
 - o Inform the driver of my problem and ask him to radio for help.
6. I can shop at different grocery stores and shopping malls and go at different hours than I did when I lived with my husband.
7. I can choose a new bank and go at different hours than I did when living with my husband.
8. I will list ways to prevent my husband from abducting the children at school or attacking me there. (You might have to change schools to be safe. If you have moved to a different school district to escape your husband, inform your children's principal of the risk and ask how his staff can best keep your children's presence secret from your husband. Stress the gravity of your situation. Many times husbands track down their wives through learning where the children go to school.)

9. I will inform my pastor that my husband might show up and harm me or abduct our children. With my pastor's help, I will develop safety measures at church. You might have to change churches, difficult as that may be, because church is one place your husband knows where to find you.

10. To assure my safety in public (eating out, walking, going to church), I can also:

STEP 6 - SAFEGUARDING MY SPIRITUAL AND EMOTIONAL HEALTH

Battering and/or verbal degradation has emotionally exhausted you. The process of building a new life for yourself takes courage and incredible energy.

1. If I feel down and ready to return to an abusive situation, I will do the following things to avoid it:

2. When I have to communicate with my husband in person or by telephone, I will do the following things to lessen emotional turmoil:

3. I will memorize scriptures that assure me the Lord is with me. I will meditate on these verses when I am afraid. For example, [2 Samuel 22:49](#) : "He delivers me from my enemies. You also lift me up above those who rise against me; You have delivered me from the violent man." List scriptures:

4. When others try to control or abuse me, I will tell them that their behavior upsets me. Some things I can say are:

5. Daily, I will commit _____ amount of time to Bible reading and _____ amount of time to inspirational reading to gain spiritual and emotional strength.
6. For spiritual support and practical advice, I can call:

7. Character traits I can work to develop to make me stronger spiritually and emotionally are:

8. I can attend workshops and support groups at a women's crisis center, and I can strengthen my relationships with Christians through Bible study groups and church. List of groups:

Organizations that Help

DOMESTIC VIOLENCE

National Domestic Violence Hotline

(800) 799-SAFE (7233)

Immediate help in English or Spanish twenty-four hours a day. A nationwide database that links individuals and services. There is access to translators in 139 languages. The best bet if you need immediate help is to dial 911, but if it is not an emergency, phone this number.

The National Coalition against Domestic Violence

P.O. Box 18749

Denver, CO 802 18-0749

(303) 839-1852 M-F 8:00 A.M. to 5 P.M.

Provides the telephone number of the shelter nearest you and will send you an information packet with fact sheets on domestic violence.

Face to Face Program

(800) 842-4546 Call twenty-four hours a day.

The Academy of Facial Plastic and Reconstructive Surgery and the National Coalition against Domestic Violence will provide free reconstructive surgery to domestic-violence victims.

Family Renewal Shelter

Keith Galbraith, director

Barbara Nixon, assistant director

P.O. Box 98318

Tacoma, WA 98498-0318

(253) 475-9010

A Christian-oriented program. They shelter Christian and non-Christian women.

National Resource Center on Domestic Violence

(800) 537-2238

Supplies comprehensive information and resources, as well as policy development and technical assistance to those providing services to battered women, their children, and other victims of domestic violence.

Center for Prevention of Sexual and Domestic Violence

936 N. 34th St.

Suite 200 Seattle, WA 98103

(206) 634-1903

Visit their Web site <http://www.cpsdv.org>

Marie Fortune, director. An interfaith organization that educates and trains clergy and lay leaders to deal with domestic-violence problems.

Connection

A Project of the Spokane Council of Ecumenical Ministries
245 E. 13th Avenue
Spokane, WA 99202
(509) 535-1813

Connection is a newsletter that seeks to communicate insights and to connect groups concerned about clergy families facing divorce, abuse, misconduct, and everyday trials of family living.

Department of Justice Information Center

(800) 421-6770

Provides a copy of the Violence against Women Act, signed into law by President Clinton on September 13, 1994. The Violence against Women Act of 1998 is pending in Congress, and if passed it will reauthorize the act of 1994, and, it is hoped, increase benefits.

Local Organizations

Listed in the white business pages of telephone directories under such titles as YWCA, Hospitals, Women's Services, Battered Women, Crisis Intervention, Women Helping Women. They can provide information about shelters, support groups, legal aid, court advocacy, job training, housing, day care, and therapy groups for victims and abusers.

CHILD ABUSE

Childhelp, USA

(800) 422-4453

Call twenty-four hours a day.

For victims, offenders, and parents. The hotline offers crisis intervention as well as information regarding child abuse, adult survivors of child abuse, parenting, and other related issues. Refers you to similar agencies across North America.

Parents Anonymous National

(909) 621-6184

For parents who feel like hitting their children.

Missing Youth

Operation Lookout, National Center for Missing Youth

(800) 782-SEEK

(800) 782-7335

LEGAL DEFENSE

Call local legal-aid offices listed in telephone directories. Also call women's crisis agencies for referrals.

LAW

3524 5. Utah Street Arlington, VA 22206

(703) 820-8393

Women (and men) in an abusive relationship in need of legal representation. Assistance is provided regardless of race, nationality, gender, social status, or education level.

National Clearinghouse for the Defense of Battered Women

125 S. Ninth Street

Suite 302

Philadelphia, PA 19107

(215) 351-0010

Gives legal information to women charged with crimes due to self-defense while assaulted.

HELP FOR BATTERERS

Life Skills International

Paul Hegstrom

P.O. Box 31227

Aurora, CO 80041

(303) 340-0598

Headquarters for a network of more than 102 counseling centers, four of which are in London. The educational programs, which apply a Christian perspective, are offered for abusers and victims of abuse (children and women). The director, Paul Hegstrom, is a former batterer. Cost is determined on a sliding scale. Life Skills International may have a therapy group program near your area.

Battered Women's Justice Project

(800) 903-0111

The Domestic Abuse Intervention Project department provides materials to help those wishing to develop batterers' programs.